



Fun Activities with Food You CAN Do During COVID-19:

Make Every Bite Count Activities:

- 🍎 Have a picnic in the house.
- 🥬 Help a parent prepare supper.
- 🍎 Pick out a fruit or vegetable to have for supper.
- 🥬 Draw your favorite fruit or vegetable and tell a parent why it's your favorite.
- 🍎 Use playdough and some play dishes to create a healthy pretend meal.
- 🥬 Make creative snacks with fruits or vegetables
- 🍎 Have a "water bar"...place small containers of various fruits and vegetables on the table with a pitcher of ice water. Let your child make fruit infused water.

Try This: You may have to make selections based on what is available, but use this time to be creative! Kids love new and fun snacks.

